



Becoming an Outdoors- Woman Mini-Workshop June 21-23, 2019

Join BOW for a weekend of *self-discovery* and *outdoor exploration* at beautiful Lone Pine State Park! This BOW is geared for women who may not be hunters or anglers, and who may be looking for different ways they can experience the outdoors.

Sponsored by:



MONTANA FISH, WILDLIFE & PARKS

Schedule of Events					
Friday, June 21		Saturday, June 22		Sunday, June 23	
		Gather	7:30am-8:00am	Gather	7:30am-8:00am
		Session III	8:00am-11:30am	Session V	8:00am-11:30am
		Lunch (own sack lunch)	11:45am - 12:45pm	Wrap-up	11:30am-12:00pm
Participant Check-in	3:00pm-4:30pm	Session IV	1:00pm-4:30pm	Have a safe trip home!	noon
Welcome	4:30pm-5:00pm	Social Hour Make It & Take It	4:30pm-6:00pm		
Ice Breaker & Social Hour	5:00pm-6:00pm	Dinner BBQ	6:00pm-7:00pm		
Dinner salads & cheesecake	6:00pm-7:00pm	Program	7:00pm-8:30pm		
Session I Day Pack	7:00pm-7:30pm	Announcements	8:30pm-9:00pm		
Session II Owl & Bat Hike	8:00pm-9:30pm				

**For questions call Sandi at 406-250-0254 or
Sara at 406-444-5280**

Registration Process: Registration must be in mailed in. No walk-in or faxes will be accepted. Successful applicants will be notified with a letter of confirmation and directions to Lone Pine State Park. A waiting list will also be generated. Unsuccessful applicants will receive a full refund. **Registration deadline is Friday, June 14th.**

Lone Pine State Park is located on the crest of the hills just southwest of Kalispell. The overlooks feature breathtaking Flathead Valley vistas. On a clear day, you can see Flathead Lake, Big Mountain, Jewel Basin and into Glacier National Park. The park has a visitor center and pavilion and offers opportunities for all kinds of outdoor activities. A map with directions will be provided with your confirmation packet.

Lodging: Lodging is not provided at this workshop. Each participant will need to find their own lodging in Kalispell, the nearby communities, or campgrounds. **However, rooms** are available at Flathead Valley Community College on a first come basis and must be booked by **May 24th**. Please work directly with the college - \$70 for double occupancy and \$55 for single for a 2 night minimum. Private bath, refrigerator, stove and microwave. Go to FVCC, Campus Guide, Short Term Housing to fill out application. Remember the May 24th deadline.

Food: You will need to provide your own breakfast, lunches, and snacks, but dinner will be provided by BOW for Friday and Saturday nights. There will **not** be time to go to town for lunch on Saturday so please bring your own sack lunch. You might consider a small cooler for breakfasts, lunches, and snacks.

Car Pool: If you are interested in car-pooling, check that box on the registration form. We will generate a contact list so you can make your own car-pool arrangements.

Contact Information: Montana Fish, Wildlife & Parks: (406) 444-9948. Hearing impaired use Montana Relay: 711 or 1-800-253-4091.

What to Bring: The weather in Montana can change very quickly so pack warm clothes and rain gear. Items to bring include: hiking boots or walking shoes, day pack, hat, sun glasses, sunscreen, insect repellent, flashlight or headlamp, and your phones or cameras for photography and geocaching. There is an italicized list at the end of each class of things to bring for the specific classes.

Water Bottles: We will not provide disposable water bottles. We ask that instead, you bring your own refillable water bottle. Water dispensers will be placed all around so you may refill you own bottle whenever you need.

SESSIONS

SESSION I – Survival Day Pack

We will talk about the essentials for your day pack that will help you in a survival situation.

SESSION II

Owl & Bat Hike – We are all invited to follow Derrick Rathe, Lone Pine Park Ranger, for a late evening hike at Lone Pine on Friday night. He knows where the owls (scary) are hunting for their evening meals and where the bats (creepy) will be flying. And he knows about the other critters that go bump in the night – lions and wolves, and bears, oh my. By the time we get back, we won't think of them as scary or creepy. This hike is optional.

SESSION III

Photography – Kyle Gallaher is a Lone Pine AmeriCorps person for the summer. Her specialty is photography. Having tramped much of Lone Pine, she knows unique spots for those special shots. Work with her to develop your sense of lighting and composition to capture and save the beauty all around you. *Bring your own camera and or your phone. She can work with all of it.*

Sketching & Water Color – Dana Fraley is a tutor in District #5 and teaches water color classes at FVCC. She will work with you to sketch a scene in this beautiful state park and then come back to add color and depth and your own flair to your work. What a personal way to enjoy the out of doors again and again. *If you have it, bring your own sketch book.*

Outdoor Journaling – Kathy Martin is the director of the Hockaday Museum Education program. One of her many special talents is journaling – using all your senses, she'll lead you through a myriad of ideas for recording thoughts and feelings while in one of the many peaceful yet striking sites at Lone Pine. *Bring a writing journal of your choice along with pen and colored pencils.*

Inchie Quilting – Sally Glutting went into the Bob Marshall Wilderness with her husband last summer. He told her no quilting stuff. However, she managed to do “inches” in the back country, stuffing everything in a zip-lock. How fun to be able to be out, but in those quiet moments, do a “little” quilting. She will show you how. *You might want to bring scraps for sharing, your own needles and small scissors. She will have supplies/ kits for everyone.*

Yoga & Meditation will be held just above the cliff and then you will move onto the lawn. Can you imagine any place better in this valley to use body and mind? Enough said – Namaste. *Bring your own workout clothes and mats and there will be places to change clothes.*

SESSION IV

Geocaching – Dan Weakly is an avid geo-cacher and avid teacher of it. He will teach some basic compass work but will show you apps for your phones. Many of the geo-caches at Lone Pine and in the valley are set by him. See if you can plot your way and find the ‘treasure’ cache. This is a great activity for the whole family and once you have done one you can teach them. *Bring your own GPS or your phone for installing the app.*

Poetry – Nancy Rose is a retired English teacher and published poetry author. As you sit in the beautiful scenery of Lone Pine she will help you capture your own thoughts and feelings, what you can touch, see, hear, and smell this day. A copy of everyone’s work can be generated for participants to take with them, contemplate and continue the process on future outings. *If you want, bring your own journal and your special writing utensil.*

Native Plants – Kimberly Pinter is a long-standing member of the local native plant group and has established several native plant gardens. Both Lone Pine with its varied ecosystems and Owen Sowerwine Natural Area in the river bottom offer lots of options to see and identify native trees, bushes, grasses and flowers.

Bugs, Snakes, & Frogs – Derrick Rathe is the park ranger who has a heart for all the creatures at Lone Pine. Everybody loves birds, but come share Derrick’s enthusiasm for a rubber boa. He has traversed every foot of Lone Pine and knows almost all its secret, hidden residents. He will share his infectious enthusiasm with you.

Book Club – Sandi Vashro is hosting a discussion of *Evelyn Cameron* by Lorna Milne. She was a British woman who came to Montana in 1889, fell in love with the country and ranched on the Powder River. Through her photography and journals she preserved the history of the people, landscape and ranching in southeastern Montana. Then we will talk about preserving your own stories. The book is available through Amazon and the Montana Historical Museum Store for \$14.00. Hopefully, you can finish the short book before BOW.

<https://app.mt.gov/Shop/mhsstore/evelyn-cameron-photographer-on-the-western-prairie>

SESSION V

Creative Writing – Debbie Burke is a member of the Flathead Authors and a published author. She will guide you through putting your outdoor experiences down on paper with a variety of writing styles. Capture your thoughts and feeling. Keep this treasure or yours for the future and add each time you go out. *You may want to bring your own journal and writing tools.*

Track & Scat – Pat Allick is a science teacher, Bow Hunter Ed teacher, hunter, angler, and all around outdoor lady. She will be sharing with you her knowledge of the mammals, birds, and other creatures that we share the outdoors with. Finding both the tracks they leave on the moist soil and the scats that they deposit indiscriminately will help you key in on what was there before you.

Flathead Valley Geology – Bonnie Streeter is a retired science teacher who has a wonderful reputation for teaching her students science in the outdoors. From the Lone Pine overlook, she'll explain the geological and glacial processes that formed the Flathead Valley from Glacier National Park to Polson on a terminal moraine.

Birding – Denny Olson is the educator for Flathead Audubon Society and is also known as 'Doc Wild'. He will take you on a birding expedition through Lone Pine State Park and there is no one better for locating and identifying birds than Denny. *If you have them, bring field glasses and your birding books to mark your sightings. There are loaner field glasses at Lone Pine.*

Native American Flute – David Webb makes his own flutes and is an accomplished performer with several CDs. He will have a flute for each woman to borrow and teach you how to play this special instrument. Imagine playing on the cliffs or deep in the creek bed. He promises that you will be able to play "Amazing Grace" by the end of the class

BOW 2019 Workshop Registration - Lone Pine State Park

Name: _____

Address: _____ City: _____ State: _____ Zip: _____

Day Phone: _____ Cell Phone: _____

Email: _____ Birth Year: _____ Must be 18 to Attend

In case of Emergency, call: Name: _____

Phone: _____

Do you have special dietary needs? Vegetarian No Gluten No Dairy Other

We will attempt to accommodate your needs.

Other special needs:

Please indicate your first (1), second (2) and third (3) choice options for each of the sessions in the columns below. Please read course descriptions.

Session III	Session IV	Session V
<input type="checkbox"/> Photography <input type="checkbox"/> Sketching & Water Color <input type="checkbox"/> Outdoor Journaling <input type="checkbox"/> Inchie Quilting <input type="checkbox"/> Yoga & Meditation	<input type="checkbox"/> Geocaching <input type="checkbox"/> Poetry <input type="checkbox"/> Native Plant ID <input type="checkbox"/> Bugs, Snakes & Frogs ID <input type="checkbox"/> Book Club	<input type="checkbox"/> Creative Writing <input type="checkbox"/> Track & Scat ID <input type="checkbox"/> Valley Geology <input type="checkbox"/> Birding <input type="checkbox"/> Native American Flute

I'm a teacher, I would like to receive OPIU Renewal Unit
 I am interested in carpooling
 I would like my contact information (Name, address, phone number, and email) shared in the participant information packet.

Scholarships: A limited number of scholarships are available for Montana resident who are first-time BOW participants. Please contact Sara at 406-444-9948 if you want more information about scholarships

No registration accepted by phone, email, fax, or walk-in, or on forms other than this one.

BOW 2019 Workshop Registration - Lone Pine State Park

Name: _____

Workshop Fee per participant: \$85

Workshop Fee includes instruction, some class materials, and use of demonstration equipment; and includes Friday and Saturday night dinners.

___ Check/money order included with my registration. Make check payable to **FWP**

___ Bill by credit card ___ Visa ___ MasterCard ___ American Express

Name as it appears on the card _____

Card # _____

Expiration Date: _____ / _____ 3 digit security code on back: _____
Month Year

Cancellation deadline: Cancel on or before June 14, 2019, to receive a full refund. No refunds will be given if cancelling on/or after June 14, 2019.

Mail completed registration forms and check to:

FWP-BOW

P.O. Box 200701

Helena, MT 59620-0701

I fully understand and acknowledge that there are inherent risks and dangers participating in the BOW Workshop and that my participation may result in injury, illness, death, and/or damage to personal property. I understand other participants, accidents, acts of nature or other events may pose dangers that are uncontrollable, and I hereby accept these risks and dangers. I affirm that I am at least 18 years of age and that I am in good enough health to participate in the workshop. I have read and understand the above warnings and risks, and agree to voluntarily participate in the training workshop. I understand that photos or video may be taken for promotion of the BOW program. I agree to allow the use of my image by FWP for any legitimate purpose, such as newsletters, FWP websites, and brochures.

Signature _____

Date _____